

OFTEN THE CASE.

Women Struggle Hopelessly Along,
Suffering Backache, Dizzy Spells,
Languor, Etc.

Women have so much to go through in life that it's a pity there is so much suffering from backache and other common curable kidney ills. If you suffer so, profit by this woman's example: Mrs. Martin Douglass, 52 Cedar St., Kingston, N. Y., says: "I had a lame, aching back, dizzy spells, headaches, and a feeling of languor. Part of the time I could not attend to my work and irregularity of the kidney secretions was annoying. Doan's Kidney Pills brought me prompt relief." Sold by all dealers. 50c a box. Foster-Milburn Co., Buffalo, N. Y.

HIS FATE.



Mr. Dude—I was thinking how much I resemble your carpet—always at your feet, you know.

Miss Sly—Yes, very much like my carpet. I'm going to shake it soon.

Too Much for His Mind.

"My first impulses," wailed the Saddy Individual, "are invariably good. In fact, I think that I may venture, without fear of undue exaggeration, to say that they are very good. But I never act on them! I always act on second thoughts. This trait in my character has ruined my career, because my second thoughts are always bad! In fact, I think I may say, without fear of misrepresentation, that they're punk."

"Well," suggested he who was listening, "why don't you wait until third thoughts, and act on them?" Mournfully, despondently, the Saddy Individual shook his head.

"My dear sir," he groaned, "I never had three successive thoughts about anything in my life!"

At His Own Risk.

Caller (on crutches and with a bandage over one eye)—I have come, sir, to make application for the amount due on my accident insurance policy. I fell down a long flight of stairs the other evening and sustained damages that will disable me for a month to some.

Manager of Company—Young man, I have taken the trouble to investigate your case, and I find you are not entitled to anything. It could not be called an accident. You certainly knew the young lady's father was at home.—Stray Stories.

For the Public Taste.

The following makes a very popular fish, the usual name given it being "funny paper." Take three mother-in-law, two Irishmen, one German, one or two tough kids, and a coon; mix and stir well. A jag is considered to add flavor. Sprinkle in a little spice and ginger, and garnish with rawlings. The addition of a pinch of hardsense is advisable, though not essential. Chestnuts are used for stuffing. The dish is usually roasted, though poaching is not uncommon.—The Bellman.

JOY WORK And the Other Kind.

Did you ever stand on a prominent corner at an early morning hour and watch the throngs of people on their way to work? Noting the number who were forcing themselves along because it meant their daily bread, and the others cheerfully and eagerly pursuing their way because of love of their work.

It is a fact that one's food has much to do with it. As an example: If an engine has poor oil, or a boiler is fired with poor coal, a bad result is certain, isn't it?

Treating your stomach right is the keystone that sustains the arch of health's temple and you will find "Grape-Nuts" as a daily food is the most nourishing and beneficial you can use.

We have thousands of testimonials, real genuine little heart throbs, from people who simply tried Grape-Nuts out of curiosity—as a last resort—with the result that prompted the testimonial.

If you have never tried Grape-Nuts it's worth while to give it a fair-impartial trial. Remember there are millions eating Grape-Nuts every day—they know, and we know if you will use Grape-Nuts every morning your work is more likely to be joy-work, because you can keep well, and with the brain well nourished work is a joy. Read the "Road to Wellville" in every package.—There's a Reason.

PRESIDENT SENDS STRONG MESSAGE

ACCOMPANYING REPORTS OF THE CONSERVATION CONGRESS

URGES NEEDED LEGISLATION

Document in a Measure is a Defense of the Retiring Administration—Duty of the Present Generation to Its Descendants Pointed Out—Obligations of Citizenship—Urgent Need for the Development of the Country's Water Power.

Washington.—With the transmission of the report of the national conservation commission and accompanying papers, President Roosevelt also sent a message to congress. The following is a comprehensive synopsis of the document:

The president declares his entire concurrence with the statements and conclusions of the report and proceeds: "It is one of the most fundamentally important documents ever laid before the American people. It contains the first inventory of its natural resources ever made by any nation. In condensed form it presents a statement of our available capital in material resources, which are the means of progress, and calls attention to the essential conditions upon which the perpetuity, safety and welfare of this nation now rest and must always continue to rest."

"The facts set forth in this report constitute an imperative call to action. The situation they disclose demands that we, neglecting for a time, if not be, smaller and less vital questions, shall concentrate an effective part of our attention upon the great material foundations of national existence, progress, and prosperity."

"The first of all considerations is the permanent welfare of our people; and true moral welfare, the highest form of welfare, can not permanently exist save on a firm and lasting foundation of material well-being. In this respect our situation is far from satisfactory. After every possible allowance has been made, and when every hopeful indication has been given its full weight, the facts still give reason for grave concern. It would be unworthy of our history and our intelligence, and disastrous to our future, to shut our eyes to these facts or attempt to laugh them out of court. The people should and will rightly demand that the great fundamental questions shall be given attention by their representatives. I do not advise hasty or ill-considered action on disputed points, but I do urge, where the facts are known, where the public interest is clear, that neither indifference and inertia, nor adverse private interests, shall be allowed to stand in the way of the public good."

"The great basic facts are already well known. We know that our population is now adding about one-fifth to its numbers in ten years, and that by the middle of the present century perhaps 150,000,000 Americans, and by its end very many millions more, must be fed and clothed from the products of our soil."

"We know now that our rivers can and should be made to serve our people effectively in transportation, but that the vast expenditures for our waterways have in promoting inland navigation. Therefore, let us take immediate steps to ascertain the reasons and to prepare and adopt a comprehensive plan for inland waterway navigation that will result in giving the people the benefits for which they have paid but which they have not yet received. We know now that our forests are fast disappearing, that less than one-fifth of them are being conserved, and that no good purpose can be met by failing to provide the relatively small sums needed for the protection, use, and improvement of all forests still owned by the government, and to enact laws to check the wasteful destruction of the forests in private hands."

"We know now that our mineral resources once exhausted are gone forever, and that the needless waste of them costs us hundreds of human lives and nearly \$300,000,000 a year. Therefore, let us undertake without delay the investigations necessary before our people will be in position, through state action or otherwise, to put an end to this huge loss and waste, and conserve both our mineral resources and the lives of the men who take them from the earth."

"This administration has achieved some things; it has sought, but has not been able, to achieve others; it has doubtless made mistakes; but all it has done or attempted has been in the single, consistent effort to secure and enlarge the rights and opportunities of the men and women of the United States. We are trying to conserve what is good in our social system, and we are striving toward this end when we endeavor to do away with what is bad. Success may be made too hard for some if it is made too easy for others. The rewards of common industry and thrift may be too small if the rewards for others, and on the whole less valuable, qualities, are made too large, and especially if the rewards for qualities which are really, from the public standpoint, undesirable, are permitted to become too large. Our aim is so far as possible to provide such conditions that there shall be equality of opportunity where there is equality of energy, fidelity and intelligence; when there is a reasonable equality of opportunity the distribution of rewards will take care of itself."

"The unchecked existence of monopoly is incompatible with equality of opportunity. The reason for the exercise of government control over great monopolies is to equalize opportunity. We are fighting against privilege. It was made unlawful for corporations to contribute money for election expenses in order to abridge the power of special privilege at the polls. Railroad rate control is an attempt to secure an equality of opportunity for all men affected by rail transportation; and that means all of us. The great anthracite coal strike was settled, and the pressing danger of a coal famine averted, because we recognized that

the control of a public necessity involves a duty to the people, and that public intervention in the affairs of a public service corporation is neither to be resented as usurpation nor permitted as a privilege by the corporations, but on the contrary to be accepted as a duty and exercised as a right by the government in the interest of all the people. The efficiency of the army and the navy has been increased so that our people may follow in peace the great work of making this country a better place for Americans to live in, and our navy was sent round the world for the same ultimate purpose. All the acts taken by the government during the last seven years, and all the policies now being pursued by the Government, fit in as parts of a consistent whole."

"The enactment of a pure food law was a recognition of the fact that the public welfare outweighs the right to private gain, and that no man may poison the people for his private profit. The employment liability bill recognized the controlling fact that while the employer usually has at stake no more than his profit, the stake of the employee is a living for himself and his family."

"We are building the Panama canal; and this means that we are engaged in the giant engineering feat of all time. We are striving to add in all ways to the habitability and beauty of our country. We are striving to hold in the public lands the remaining supply of unappropriated coal, for the protection and benefit of all the people. We have taken the first steps toward the conservation of our natural resources, and the betterment of our country life, and the improvement of our waterways. We stand for the right of every child to a childhood free from grinding toil, and to an education; for the civic responsibility and decency of every citizen; for prudent foresight in public matters, and for fair play in every relation of our national and economic life. In international matters we apply a system of diplomacy which puts the obligations of international morality on a level with those that govern the actions of an honest gentleman in dealing with his fellow-men. Within our own border we stand for truth and honesty in public and in private life; and we war sternly against wrongdoers of every grade. All these efforts are integral parts of the same attempt, the attempt to enthrone justice and righteousness, to secure freedom of opportunity to all of our citizens, now and hereafter, and to set the ultimate interest of all of us above the temporary interest of any individual, class, or group."

"The nation, its government, and its resources exist, first of all, for the American citizen, whatever his creed, race, or birthplace, whether he be rich or poor, educated or ignorant, provided only that he is a good citizen, recognizing his obligations to the nation for the rights and opportunities which he owes to the nation."

"The obligations, and not the rights, of citizenship increase in proportion to the increase of a man's wealth or power. The time is coming when a man will be judged, not by what he has succeeded in getting for himself from the common store, but by how well he has done his duty as a citizen, and by what the ordinary citizen has gained of his service for the common good. The highest value we know is that of the individual citizen, and the highest justice is to give him fair play in the effort to realize the best there is in him."

"The tasks this nation has to do are great tasks. They can only be done at all by our citizens acting together, and they can be done best of all by the direct and simple application of homely common sense. The application of common sense to common problems for the common good, under the guidance of the principles upon which this republic was based, and by virtue of which it exists, spells perpetuity for the nation, civil and industrial liberty for its citizens, and freedom of opportunity in the pursuit of happiness for the plain American, for whom this nation was founded, by whom it was preserved, and through whom alone it can be perpetuated. Upon this platform—larger than class party differences, higher than class prejudice, broader than any question of profit and loss—there is room for every American who realizes that the common good stands first."

Accompanying the message are explanations and recommendations of work to be done for the future good of the country. The president says: "It is especially important that the development of water power should be guarded with the utmost care both by the national government and by the states in order to protect the people against the upgrowth of monopoly and to insure to them a fair share in the benefits which will follow the development of this great asset which belongs to the people and should be controlled by them."

"I urge that provision be made for both protection and more rapid development of the national forests. Otherwise, either the increasing use of these forests by the people must be checked or their protection against fire must be dangerously weakened. If we compare the actual fire damage on similar areas on private and national forest lands during the past year, the government fire patrol saved commercial timber worth as much as the total cost of caring for all national forests at the present rate for about ten years."

"I especially commend to congress the facts presented by the commission as to the relation between forests and stream flow in its bearing upon the importance of the forest lands in national ownership. Without an understanding of this ultimate relation the conservation of both these natural resources must largely fail."

"The time has fully arrived for recognizing in the law the responsibility to the community, the state, and the nation which rests upon the private ownership of forest lands. The ownership of forest land is a public trust. The man who would handle his forest as to cause erosion and to injure stream flow must be not only educated, but he must be controlled."

In conclusion the president urges upon congress the desirability of maintaining a national commission on the conservation of the resources of the country. He adds: "I would also advise that an appropriation of at least \$50,000 be made to cover the expenses of the national conservation commission for necessary rent, assistance and traveling expenses. This is a very small sum. I know of no other way in which the appropriation of so small a sum would result in so large a benefit to the whole nation."

THE WONDERBERRY.

Mr. Luther Burbank, the plant Wizard of California, has originated a wonderful new plant which grows anywhere, in any soil or climate, and bears great quantities of luscious berries all the season. Plants are grown from seed, and it takes only three months to get them in bearing, and they may be grown and fruited all summer in the garden, or in pots during the winter. It is unquestionably the greatest Fruit Novelty ever known, and Mr. Burbank has made Mr. John Lewis Childs, of Floral Park, N. Y., the introducer. He says that Mr. Childs is one of the largest, best-known, fairest and most reliable Seedsmen in America. Mr. Childs is advertising seed of the Wonderberry all over the world, and offering great inducements to Agents for taking orders for it. This berry is so fine and valuable, and so easily grown anywhere, that everybody should get it at once.

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